



The Team Nutrition (TN) e-Newsletter is published periodically to share TN resources developed by USDA and/or by State agencies, and to share ideas for promoting healthy eating and physical activity through Team Nutrition at the State and local levels.

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New State Developed Materials

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Idaho Child Nutrition Program Best Practices



Child Nutrition Program Best Practices describes and highlights various projects implemented among schools and sites participating in the National School Lunch Program and Child and Adult Day Care Program. This booklet includes various ideas for implementing nutrition education both in the classroom and cafeteria, and increasing community involvement, foodservice staff education and physical activity. To view or print a copy of this Best Practices booklet go to:

<http://www.sde.idaho.gov/child/docs/tngant/>

[CNPBestPracticesBook.pdf](#)

Illinois Gets Innovative Through Web-Based Training Project

Nutrition Education That Works: An Integrated Approach is a web-based training project benefiting Illinois school staff statewide. This website allows for both innovative and interactive nutrition education through links which provide staff information on effective nutrition education strategies and supporting nutrition education goals found in local wellness policies. This web-based training course is available at: <http://www.kidseatwell.org/>

New Jersey Takes Steps Towards More Fruits and Vegetables

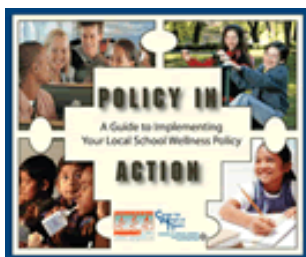


The Quick Steps to Fruits & Vegetables Galore, and Dairy, too training manuals provide detailed information aiming to help schools promote one fruit or vegetable each month of the school year. Included in the training manuals is a plan of action for schools to increase daily consumption of fruits and vegetables, tips on preparation, storage and produce food safety, as well as suggestions for increasing students' overall consumption of milk

Louisiana Integrates Nutrition Education Through Core Content

Family Nutrition Night: Looking at Nutrition through Core Content was developed as an instructional resource for educators. This resource includes 48 math and science nutrition related lessons and nine food activities aimed to promote positive behaviors related to healthy eating and physical activity habits. The activity plans identify grade level expectations (GLE) for multiple core subjects. <http://www.doe.state.la.us/lde/nutrition/2398.html>

Policy in Action: A Guide to Implementing Your Local School Wellness Policy



Weight and Health, University of California Berkeley. This user-friendly guide is designed to serve as a roadmap for implementing school nutrition and physical activity policies, including local wellness policies. The guide includes helpful hand-outs to develop your plan of action for implementing your policy. You can download the guide at <http://snipurl.com/1dpga>

Making It Happen in Montana: School Wellness in Action developed by the Montana Office of Public Instruction School Nutrition Program. This document provided examples of model school practices regarding nutrition and physical activity from schools throughout Montana. You can access the document at <http://www.opi.mt.gov/schoolfood/wellness.html>

USDA's Team Nutrition Materials Update

Team Nutrition has been working on several new and revised publications since the issuance of the 2005 Dietary Guidelines for Americans and MyPyramid. Some are close to completion while others are still works in progress.

Following are the several Team Nutrition materials that are **close to completion**, watch for these items on the Team Nutrition Web site (<http://teamnutrition.usda.gov>) in the next few months:

- ***Nutrition Essentials*** is the long awaited classroom kit for middle and high schools which teaches students how to use MyPyramid and the Nutrition Facts label to make healthy eating and physical activity choices.
- ***Empowering Youth with Nutrition and Physical Activity***, initially developed with the Centers for Disease Control and Prevention and the 100 Black Men of America organization, also targets the middle and high school audience. It has been revised with the Dietary Guidelines and MyPyramid information to reach all students this age.
- ***Team Up At Home*** is a revision of the popular take-home activity booklet designed to encourage parents to work with their elementary school age children to learn how to eat healthy and be physically active.
- ***Enjoy Moving***, a new physical activity pyramid poster and 8 ½ x 11 inch flyer provide tips to help adults and children meet physical activity recommendations.
- ***Getting It Started, Keeping It Going: A Guide for Team Nutrition Leaders*** has been revised to include new resources and to incorporate the text from another publication, *Getting Your Message Out*.
- ***The Child Nutrition Database, Release 11***, is nearing completion and should be posted by mid-April or before.

Following are the Team Nutrition Materials that are **in the works**. These items will be available later this year or early next year:

- ***The Power of Choice*** has undergone a revision to reflect current information and is just completing Dietary Guideline Working Group (DGWG) review.
- ***Nibbles for Health*** is in the midst of the text review and revision before Dietary Guideline Working Group review.
- ***The USDA Recipes for Child Care*** publication is being written now and will be similar to the *USDA Recipes for Schools*.

Once the above these three publications finish the text development and clearance, they will be designed for publication and will appear on the Team Nutrition Web site (<http://teamnutrition.usda.gov>) upon completion.

Update from the Healthy Meals Resource System

The Healthy Meals Resource System, as USDA's Training and Technical Assistance Component, assists state and local school food service and child care programs in meeting the Dietary Guidelines for Americans. By using this Resource System, child care providers and school nutrition personnel and trainers can easily locate appropriate and useful training materials available for loan from the collection of the National Agricultural Library. Visit the updated HMRS Web site which includes the [Education and Training Materials Database](#), a searchable collection of training materials for school nutrition personnel; several [online discussion groups](#) for specific target audiences; and [food safety](#) information. Other resources include the [Directory of Chefs](#), a cooperative program where chefs and school personnel are working together and [software vendors](#) for nutrient analysis.

For more State developed materials visit <http://healthymeals.nal.usda.gov/state.html>

For USDA Developed Team Nutrition Materials visit <http://teamnutrition.usda.gov/library.html>



Team Nutrition E-Newsletter

About USDA's Team Nutrition

Team Nutrition is an integrated, behavior-based, comprehensive plan for promoting the nutritional health of the Nation's children. Team Nutrition uses three behavior-oriented strategies: 1) provide training and technical assistance to help Child Nutrition Program foodservice professionals to prepare and serve nutritious meals; 2) provide multifaceted, integrated nutrition education for children, their parents, and other adults who influence children's behavior; and 3) build school and community support to create a healthy school environment that is conducive to healthy eating and physical activity.

For more information regarding USDA's Team Nutrition and how to enroll your school as a Team Nutrition School, go to the USDA Web site at <http://teamnutrition.usda.gov/team.html>

What's new on USDA's Team Nutrition Web site? Check it out at <http://teamnutrition.usda.gov>

Submit your comments and suggestions regarding this Team Nutrition e-newsletter to Desiré Stapley (dstapley@nal.usda.gov)